Activity Journal.
BPK 110

Name: Tracey HO
Date: DAY 1 Friday, Sept 11, 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Cleaning and getting dress	0.75 hr.	light
Prepare breakfast + lunch	0.75 hr.	light
Eat breakfast	0.5 hr.	light
Go to bb collaborate for BPK	2 hrs.	light
Eat lunch	0.5 hr.	light
Zoom with facilitator	1 hr.	light
Go to bb collaborate for BPK tutorial	0.75 hr.	light
iPad	1 hr.	light
snack	0.25 hr.	light
Go to bb collaborate for IAT	1.75 hr.	light
Go to park and take pictures	1 hr.	moderate
Walk to grocery store	0.25 hr.	moderate
Shop at groceries	0.75 hr.	moderate
Rest and sit	0.5 hr.	light
Make Dinner	0.5 hr.	light
Eat dinner	0.5 hr.	light
Do homework	1.5 hr.	light
Take a shower	0.25 hr.	light
IPad and video game	2 hr.	light
sleep	7.5 hr.	light

Time sleeping: 7.5 hours.
Sedentary time: 14 hours

Time awake: 16 hours.

Date: DAY 3 Saturday, Sept 12, 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Cleaning and dressing	0.75 hr.	Light
Video game	3 hr.	light
Snack (pistachio)	.25 hr.	light
Study BPK	1 hr.	light
Eat yogurt	.13 hr	light
Drink water	.12 hr.	light
Youtube	1 hr.	light
Dinner	.5 hr.	light
Dessert (Mango Mousse cake)	.25 hr.	light
Snack (seaweed + chocolate)	.25 hr.	light
Emails, social media	1.5 hr.	light
Do homework/study for quiz	2 hr.	light
Dinner	0.75 hr.	light
Watch TV	0.75 hr.	light
Take a Shower	.5 hr	light
Sleep	11.25 hr.	light

Sleeping: 11.25 hours.
Sedentary time: 0 hour.

Time awake: 12.75 hours.

Date: DAY 3 Sunday, Sept 13, 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Cleaning and dressing	0.75 hr.	Light
Walk to the library	0.5 hr.	moderate
Stay in the library	1 hr.	light
Walk to McDonalds	.75 hr.	moderate
Eat at McDonalds	1 hr.	light
Read a comic book at McDonalds	1 hr.	light
Walking back home	2 hrs.	moderate
Snack (yogurt)	0.12 hr	light
YouTube/email/social media	1.5 hr.	light
Do homework/study for quiz	2 hr.	light
Dinner	0.75 hr.	light
Dessert (ice-cream)	.13 hr.	light
Study	1 hr.	light
Take a shower	.5 hr.	light
Sleep	11.25 hr.	light

Sleeping: 11 hours.
Sedentary time: 3.25 hours

Time awake: 13 hours.